

ABSTRACT OF THE DISCLOSURE

A method of making an exercise machine from a pair of spaced apart, laser-cut sheets of metal of substantial identical shape and connected together to form a relatively flat frame, which comprises the steps of first examining a pre-existing exercise machine of the type having a three dimensional frame made from horizontal vertical and transverse frame members, all the frame members being interconnected to form the three dimensional frame upon which are mounted the necessary handles, levers, pistons, crank arms, operating rods and linkage to provide a given exercise for the operator of that exercise machine, the step of examining being performed to determine, from the three dimensional frame, the vertical and horizontal extent of the pre-existing machine, secondly, making a two dimensional pattern whose vertical and horizontal extent conforms to the vertical and horizontal extent of the pre-existing machine based upon the examination thereof, thirdly, cutting a pair of steel side frame members from steel sheeting using the two dimensional pattern created herein, fourth, placing the two side frame member in spaced parallel relation, fifthly, welding a plurality of transverse braces to the plates at predetermined intervals around the peripheries of the plates, and thereafter mounting between the plates and on the plates, the necessary handles, levers, pistons, crank arms, operating rods and linkage to provide the given exercise.